

AL.1-870 [Winter 1988]

-back page

CANADIANA

62
JAN 18 1989



QUESTIONS ONLY YOU CAN ANSWER

What you think really matters to us. Your response to the following questions will be analyzed, scrutinized and idolized. So please fill out this questionnaire and send it to ZOOT pronto!

- Which large photograph or illustration in your ZOOT Daytimer do you like best? WHY?

- Which large photograph or illustration do you like least? WHY?

- Do you think that the ZOOT Daytimer is a good idea? YES _____ NO _____
WHY? _____

- Would you like to receive another daytimer in the future? YES _____ NO _____

- Overall, what do you like most about your ZOOT Daytimer?

let's see what's out there.




T

THIRTY DAYS HATH SEPTEMBER, APRIL, JUNE
AND NOVEMBER. ALL THE REST HAVE THIRTY-ONE
EXCEPTING FEBRUARY ALONE AND THAT HAS
TWENTY-EIGHT DAYS CLEAR AND TWENTY-NINE
IN EACH LEAP YEAR.
- MOTHER GOOSE

the personal daytimer issue

zoot capri

[THE MAGAZINE]



This, it's easy to see, is **not** your average issue of ZOOT CAPRI, The Magazine. This is ZOOT CAPRI, The Something-Completely-Different. Why, you ask, are we interrupting the steady, five-times-a-year flow of ZOOT's familiar magazine format?

Because it's going to be a great year!

And we want to help you record and remember it with the aid of your own ZOOT CAPRI "LET'S SEE WHAT'S OUT THERE" PERSONAL DAYTIMER.

What you hold in your sweaty palms are 36 pages of strange and interesting and useful stuff gathered by the ZOOT staff **plus** 12 month's worth of glimpses into "What's out there," **not to mention** fabulous freebies from four friends of ZOOT.

Most exciting of all is how easily you can turn our highly useful daytimer into a major scrapbook epic to be treasured forever!

Check out what we're talking about:

- 1 With nothing more than a pen, you can use your ZOOT CAPRI "LET'S SEE WHAT'S OUT THERE" PERSONAL DAYTIMER to record phone numbers, remind yourself of things-you-have-to-do plus pick up on a useful tip or two, or maybe even a laugh now and then.
- 2 Simply three-hole punch and slip your ZOOT Personal Daytimer into the front of one of your school ring binders, and you'll have a handy record of things you've gotta do, places you've gotta be and people you've gotta see.
- 3 A little more ambition and a few extra minutes of your time will net you a monumental manifesto of memories, as you not only three-hole punch, but also rip the pages of your ZOOT Daytimer from its perforated spine (ouch!) and insert them, along with several pages of ordinary lined three-ring paper, into a hard-cover binder.

Customizing your Personal Daytimer is like ordering nachos. Plain is good; guacamole, sour cream and jalapenos are **better**. Of course we're curious about what you'll make of it. **So we'll be offering a prize for the most spectacular effort in a contest you'll read about in the next issue of ZOOT CAPRI, The Magazine; due to be mailed in April.**

Meantime, have fun and write it down in your ZOOT CAPRI "LET'S SEE WHAT'S OUT THERE" PERSONAL DAYTIMER!

AT LAST!

The only calendar you will ever need!

A Perpetual Calendar will show the day of the week for any year desired. This calendar begins with 1831. The calendar is easy to use. The letters after each year in the Table of Years refer to the first column of the Table of Months. The figures given for each month in the Table of Months refer to one of the seven columns in the Table of Days. For example, to find on what day of the week Christmas fell in 1900, look for 1900 in the Table of Years. The letter **a** follows. Look for **a** in the Table of Months, and, under December, you will find the number **6**. In the Table of Days, column 6 shows that the 25th day of the month, Christmas, fell on Tuesday in 1900.

Table of Years
1831 TO 2030

1831f	1851c	1871g	1891d	1911g	1931d	1951a	1971e	1991b	2011f
1832q	1852m	1872h	1892n	1912h	1932n	1952k	1972p	1992i	2012q
1833b	1853f	1873c	1893c	1913c	1933g	1953d	1973a	1993e	2013b
1834c	1854g	1874d	1894a	1914d	1934a	1954e	1974b	1994f	2014c
1835d	1855a	1875e	1895b	1915e	1935b	1955f	1975c	1995g	2015d
1836n	1856k	1876p	1896i	1916p	1936i	1956q	1976m	1996h	2016n
1837g	1857d	1877a	1897e	1917a	1937e	1957b	1977f	1997c	2017g
1838a	1858e	1878b	1898f	1918b	1938f	1958c	1978g	1998d	2018a
1839b	1859f	1879c	1899g	1919c	1939g	1959d	1979a	1999e	2019b
1840i	1860q	1880m	1900a	1920m	1940h	1960n	1980k	2000p	2020i
1841c	1861b	1881f	1901b	1921f	1941c	1961g	1981d	2001a	2021e
1842f	1862c	1882g	1902c	1922g	1942d	1962a	1982e	2002b	2022f
1843g	1863d	1883a	1903d	1923a	1943e	1963b	1983f	2003c	2023g
1844h	1864n	1884k	1904n	1924k	1944p	1964i	1984q	2004m	2024h
1845c	1865g	1885d	1905g	1925d	1945a	1965e	1985b	2005f	2025c
1846d	1866a	1886e	1906a	1926e	1946b	1966f	1986c	2006g	2026d
1847e	1867b	1887f	1907b	1927f	1947c	1967g	1987d	2007a	2027e
1848p	1868i	1888q	1908i	1928q	1948m	1968h	1988n	2008k	2028p
1849a	1869e	1889b	1909e	1929b	1949f	1969c	1989g	2009d	2029a
1850b	1870f	1890c	1910f	1930c	1950g	1970d	1990a	2010e	2030b

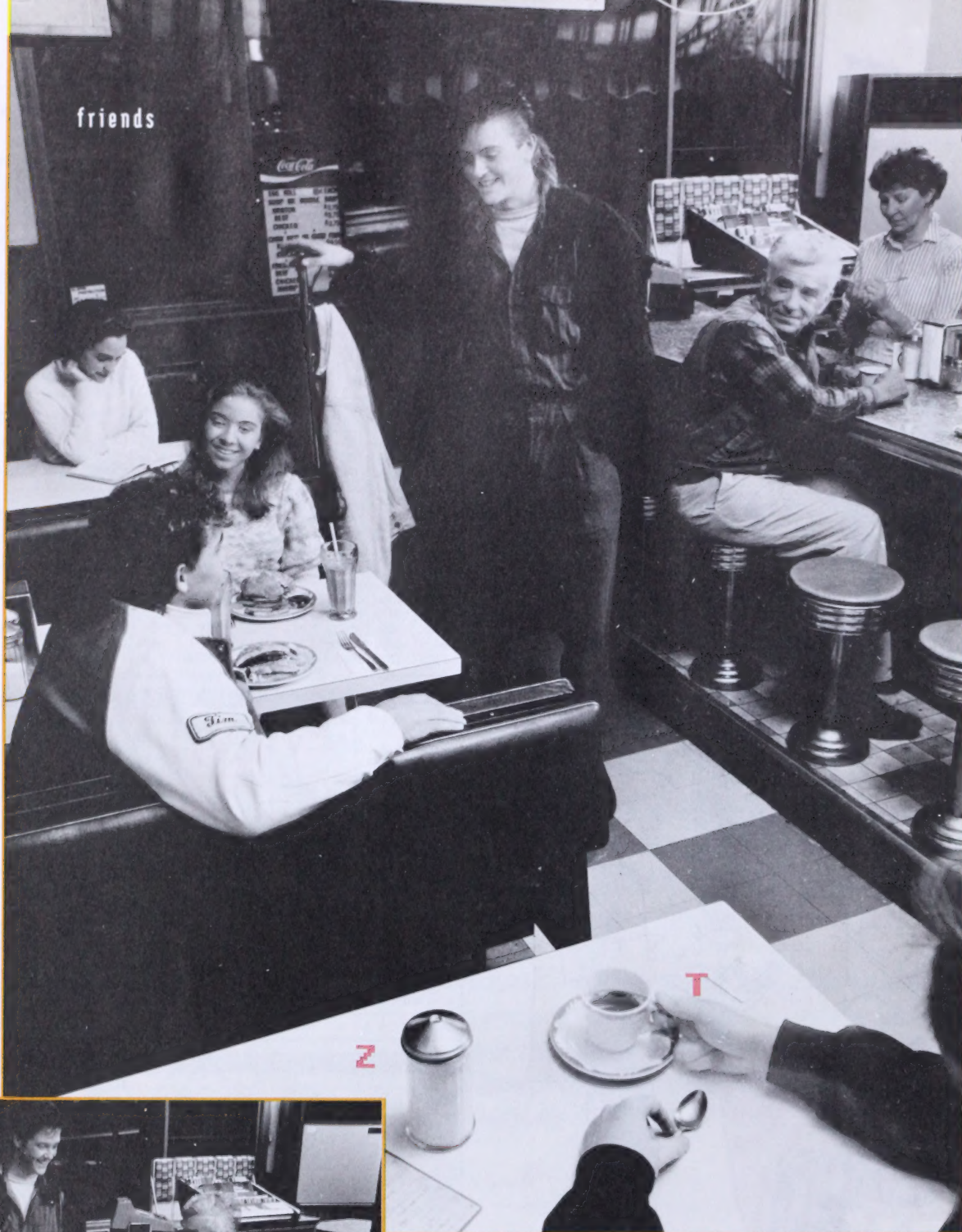
Table of Months

	a	b	c	d	e	f	g	h	k	l	m	n	p	q
JANUARY	1	2	3	4	5	6	7	1	2	3	4	5	6	7
FEBRUARY	4	5	6	7	1	2	3	4	5	6	7	1	2	3
MARCH	4	5	6	7	1	2	3	5	6	7	1	2	3	4
APRIL	7	1	2	3	4	5	6	1	2	3	4	5	6	7
MAY	2	3	4	5	6	7	1	3	4	5	6	7	1	2
JUNE	5	6	7	1	2	3	4	5	7	1	2	3	4	5
JULY	7	1	2	3	4	5	6	1	2	3	4	5	6	7
AUGUST	3	4	5	6	7	1	2	4	5	6	7	1	2	3
SEPTEMBER	6	7	1	2	3	4	5	7	1	2	3	4	5	6
OCTOBER	1	2	3	4	5	6	7	2	3	4	5	6	7	1
NOVEMBER	4	5	6	7	1	2	3	5	6	7	1	2	3	4
DECEMBER	6	7	1	2	3	4	5	7	1	2	3	4	5	6

Table of Days

	1	2	3	4	5	6	7
Monday	1	Tuesday	1	Wednesday	1	Thursday	1
Tuesday	2	Wednesday	2	Thursday	2	Friday	2
Wednesday	3	Thursday	3	Friday	3	Saturday	3
Thursday	4	Friday	4	Saturday	4	SUNDAY	4
Friday	5	Saturday	5	SUNDAY	5	Tuesday	5
Saturday	6	SUNDAY	6	Monday	6	Wednesday	6
SUNDAY	7	Monday	7	Tuesday	7	Thursday	7
Monday	8	Tuesday	8	Wednesday	8	Friday	8
Tuesday	9	Wednesday	9	Thursday	9	Saturday	9
Wednesday	10	Thursday	10	Friday	10	SUNDAY	10
Thursday	11	Friday	11	Saturday	11	SUNDAY	11
Friday	12	Saturday	12	SUNDAY	12	Monday	12
Saturday	13	SUNDAY	13	Monday	13	Tuesday	13
SUNDAY	14	Monday	14	Tuesday	14	Wednesday	14
Monday	15	Tuesday	15	Wednesday	15	Thursday	15
Tuesday	16	Wednesday	16	Thursday	16	Friday	16
Wednesday	17	Thursday	17	Friday	17	Saturday	17
Thursday	18	Friday	18	Saturday	18	SUNDAY	18
Friday	19	Saturday	19	SUNDAY	19	Monday	19
Saturday	20	SUNDAY	20	Monday	20	Tuesday	20
SUNDAY	21	Monday	21	Tuesday	21	Wednesday	21
Monday	22	Tuesday	22	Wednesday	22	Thursday	22
Tuesday	23	Wednesday	23	Thursday	23	Friday	23
Wednesday	24	Thursday	24	Friday	24	SUNDAY	24
Thursday	25	Friday	25	SUNDAY	25	Monday	25
Friday	26	Saturday	26	SUNDAY	26	Monday	26
Saturday	27	SUNDAY	27	Monday	27	Tuesday	27
SUNDAY	28	Monday	28	Tuesday	28	Wednesday	28
Monday	29	Tuesday	29	Wednesday	29	Thursday	29
Tuesday	30	Wednesday	30	Thursday	30	Friday	30
Wednesday	31	Thursday	31	Friday	31	Saturday	31

friends



The older we get
The farther we see
The more we mean to each other
The more you mean to me
I believe in these people
I believe in this age

-Hothouse Flowers

Don't you hate it when your father likes your boyfriend? Julia Valerio, 14, Edmonton.



Party Time! When January 21, Wednesday, At the end of a very long telephone extension push On your way home from school, pick up a huge bag of ketchup!



Challenge your best friend to a game of something neither of you have ever played before.



Have you ever wished you were a member of the opposite sex? Why?



Paste your best friend's picture here.

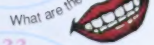


Open your pride Shatter it down Then let me in I'll show you round Tina Clinton, 15, Morville



Wendy's

Then drag the phone into your room, close the door and call a friend! haven't seen or talked to for a long time. "Guess who this is!"



Call up Grandpa or Grandpa and talk about their teenage years.



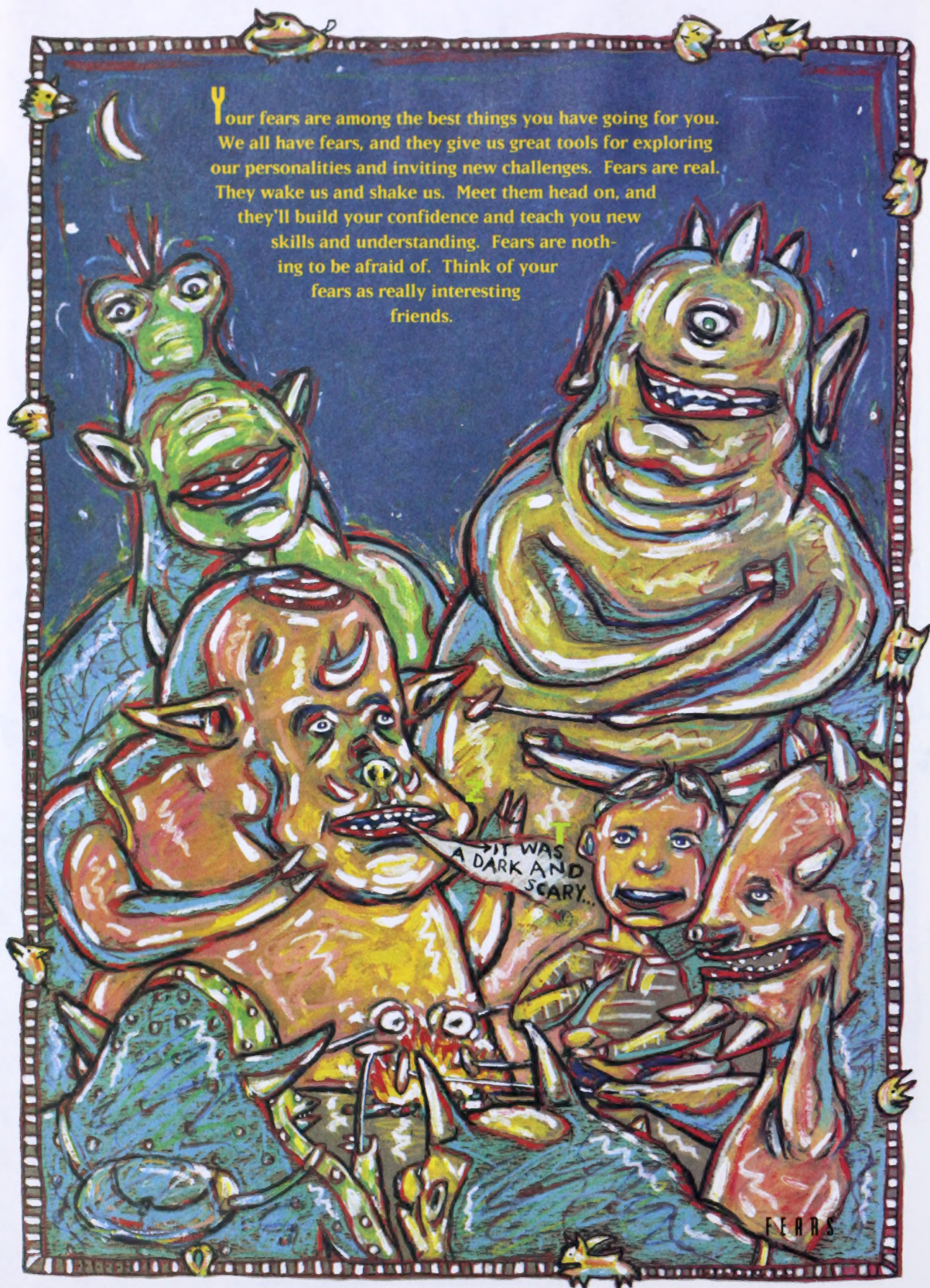
When you're young, your friends are like you. When you're older, your friends are different from you.



Word of the Month: PIER GROUP — A BUNCH OF BUDDIES WHO LIKE TO GO FISHING TOGETHER



Your fears are among the best things you have going for you. We all have fears, and they give us great tools for exploring our personalities and inviting new challenges. Fears are real. They wake us and shake us. Meet them head on, and they'll build your confidence and teach you new skills and understanding. Fears are nothing to be afraid of. Think of your fears as really interesting friends.



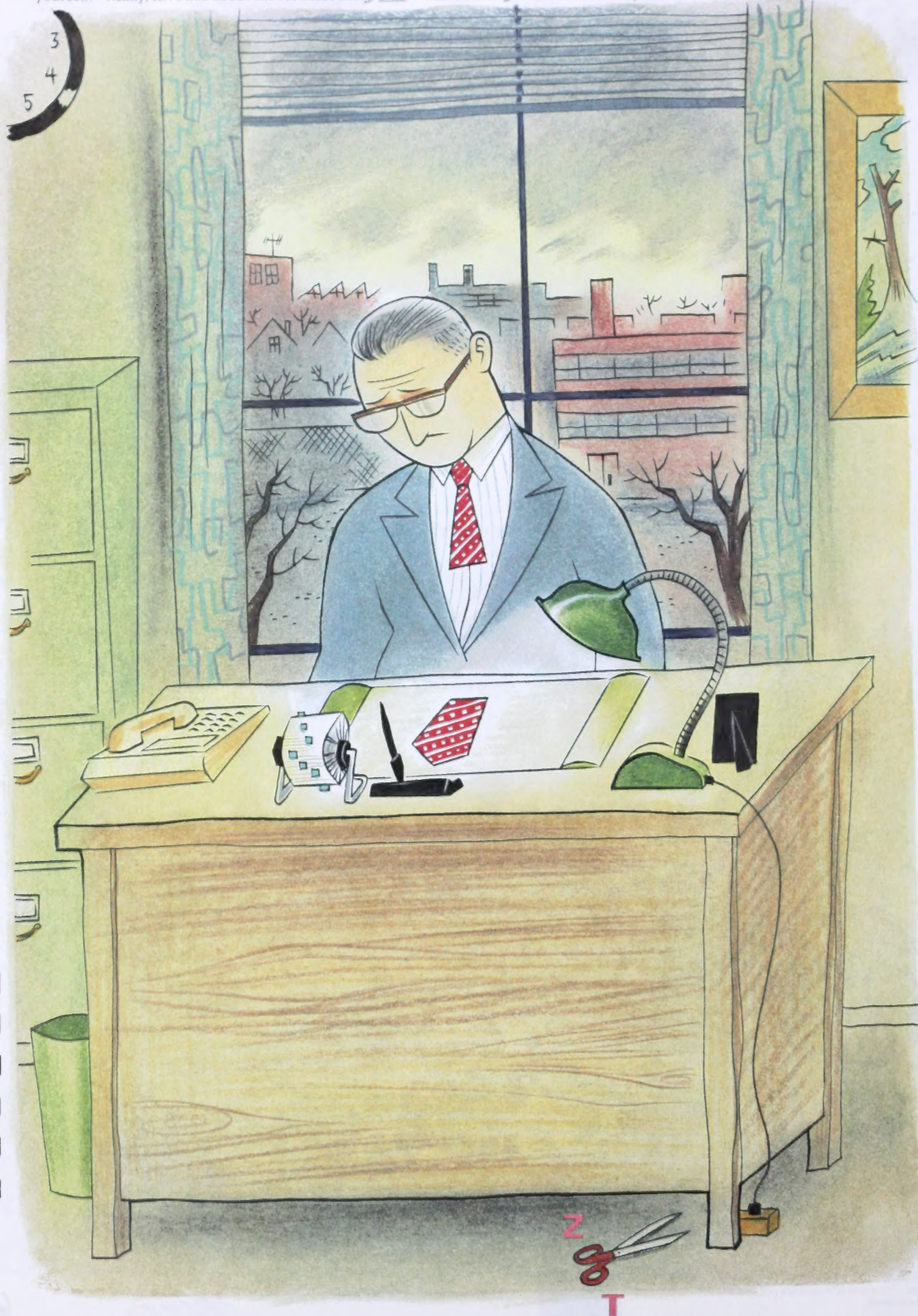
Motorcycle stuntman Ev

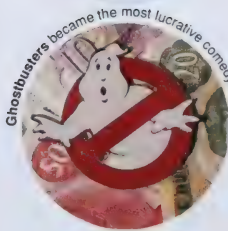


Word of
TERRIF

TERRIFYING - PREPARING BREAKFAST IN A HAUNTED KITCHEN.

It's not always easy to see the humour in a situation. Especially when the laughs come at our own expense. But being able to find something funny, even in the midst of your worst nightmare, is a sure sign you'll survive. Next time you're really bummed out and totally depressed, ask yourself: "Really, isn't this about the funniest thing ever?" March is as good a month as any to take a look in the mirror and smile.





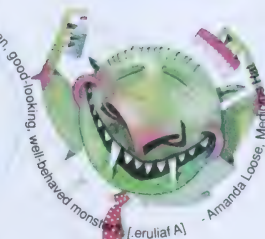
Ghostbusters became the most lucrative comedy in movie history. It was written by Dan Aykroyd, a Canadian.

Funny last words: Moments away from his execution by hanging, James W. Rodgery, 1960.



James W. Rodgery was asked if he had a last request. "Yes, a bulletproof vest."

That's a good one! What do you call a clean, good-looking, well-behaved monster?



[eruliat A] - Amanda Loose, Medicine Hat

Turn it up! According to comic actor Zero Mostel, the freedom of mopeed is far too serious to be joked about. Do your friends agree?



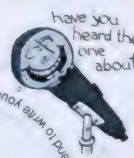
Think up a joke for this punchline and send it to **ZOOT!**



So the guy in the canary suit says, About six miles as the crow flies. Make this the month you laugh at all of your younger brother or sister's jokes.



Party Time! Take a tip from Tom Hanks and Sally Field. Plan a punchline stand-up comic theme party. Get together with a friend to write your own routine.



have you heard the one about...

Before he had his playhouse, Pee Wee Herman appeared as a waiter in **The Blues Brothers**. Alberta's slopes, now's the time.



Alberta's slopes, now's the time. Moon over **Parador** for a newer sample of his humor.



You can see Winsles in a Mad, Mad, Mad, Mad, Mad World, or try. Make this the month you laugh at all of your younger brother or sister's jokes.



Robin Williams thinks Jonathan Williams is just as funny as he is.

Word of the Month

GRUMPA - A HUMOURLESS OLDER MALE PERSON.
GREAT GRUMPA - A PARTICULARLY IRRITATING, HUMOURLESS, OLDER MALE PERSON.

HA HA



How high is
up? How low
is down? What
lies in between?

The best answer is
that limits exist only
to be exceeded; and if
at times your goals
don't seem impossible,
you're short-changing
yourself.

Test pilots refer to it as
"pushing the envelope."

Runners talk of "hitting the
wall" and somehow breaking
through it. Whether it's trying for
just-one-more-bench-press or
cramming all night for an
exam, journeys to
the edge help us
define the
middle ground
and put the less
demanding parts

of our lives in a more positive perspective.
April: the month you reach a little higher.

Cracks me up: The largest egg in the world at

three and a half

stories high is in Vegreville, Alberta. We don't know where the egg is now.

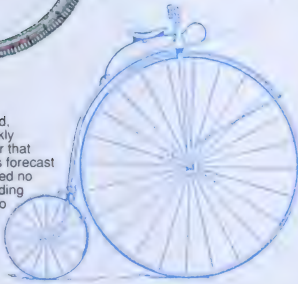


APPA

Good name for it. One of the hottest places is Death Valley, California where it once remained 49 degrees C for 43 days.



When it first appeared, the bicycle quickly became so popular that economic disaster was forecast because it appeared no one would stop riding long enough to work, eat or buy.



Party Time! Host a dress-to-the-limit bash with prizes for the most bizarre, most hip and most unusual ensembles.



What'll she do? Just in case you missed your science class, we remind you that 40,000 kph is the minimum speed required to counter gravity and remain in orbit around the earth.



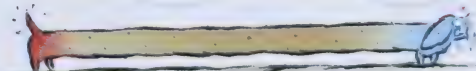
Stuntman Dar Robinson received \$100,000 for jumping from 335 m and not opening his parachute until he was 91 m from the ground. The cheque didn't bounce either.



The tallest teenager is 226 cm and still growing in Baghdad.

TransAlta Utilities

HOT DOG: Ever noticed how the family pet will always station itself either too close or too far from the fireplace, (so it has to keep going back and forth, back and forth) rather than at the perfect spot?



Word of the Month: WHIRLED RECORD - A NEW MARK TO SHOOT FOR IN THE HAMMER THROW

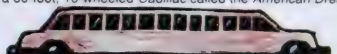


consider the possibilities. This month, allow yourself an hour a day just to think. No TV, no book, no phone. Close your eyes and think about anything. For best results, you'll need a clear and open mind and a healthy body.

is trying to tell you that it's okay to just lay back and let your mind wander now and then, to sit through the realities and

We sleep. We dream. We dream. Doesn't it strike you as odd that your mind is at its most imaginative when your body is at its most relaxed? Maybe there's a message here. Maybe your brain





SLEEPWOKER - SOMEONE WHO CAN STIR FRY CHINESE GREENS WITH THEIR EYES CLOSED.



THE ORIGINAL MERCURY ASTRONAUTS

"Out."

You rest on for rest but you pay no attention. You must win the battle against this highway. And so you continue on, mile after mile, listening for its voice.



Try studying for 'train' outside for a change. Pack a lunch and take to a spot where you can relax and totally concentrate.

Julie Dick, 14, Calgary



Party Time! Get three or four friends together to rent a plane and take pictures of your houses from the air. (It'll cost you about \$20 each.)



Whom would you most like to travel to meet? What would you talk to them about?



Go for broke. A great way to visit exotic places with friends is to rent a travel video.



If you could have the power to travel into the past, what part of history would you try to change?

Frequent Flyer. An 1817 circus act featured a cannon which pitched a woman into a net every day for two years without mishap.



Head tip: By imagining exactly what you are going to do, and putting it through several times, you can visualize the perfect move.

When the time comes, you've already done it before.



Smash hit: Roller skates were first worn in 1789 by Joseph Merlin, who used them to enter a ballroom while playing a violin.

He hit a large mirror, severely wounding himself.

CRUISE SHIP - A CARRIER BASED TOP GUN FIGHTER, SEA CRUISE. THE PROPER DESCRIPTION FOR A TOP GUN STAR WHO BAILS OUT OF HIS JET OVER WATER.



The real value of an object or an activity is not how it looks or feels or how much it costs, but what new challenges it can expose you to and what experiences it can provide.

WENDY'S & ME

Style is everything. It's not what you do. It's how you do it. Even when you're craving a burger. Ya gotta do it in style.



DOUBLE CHEESE DOUBLE DOUBLE CHEESE DOUBLE



Wendy's

THAT'S WENDY'S WAY

**"A DOUBLE
DELICIOUS OFFER
FROM WENDY'S"**

Buy one Wendy's Double
Cheeseburger and get
one Free with this coupon
at a participating
Wendy's restaurant.

Offer valid until December 31, 1989, not valid with any other offer.

LIFE IS FULL OF SURPRISES

And we've rolled three of the finest into a classy
cardboard tube with your name on it.

NO KIDDING!

If you'll just send us a cheque in the amount of \$2.00 for handling
and postage, we'll send you two rock and/or movie posters (plus
one of our own) to uncurl and contemplate as you plot the next
smart move in your own exciting life.

THERE'S A CATCH.

Supplies are limited so hurry, or your walls will remain
unadorned in that hideous green your folks got a great
deal on. Replies must be received by January 30, 1989.

2410, 144 - 4th Avenue S.W.
Calgary, Alberta
T2P 3M4

PICK UP ON THE OFFER OF THE YEAR; COMING TO YOU FROM YOUR FRIENDS AT AADAC.

AADAC

MILK BUILDS STRONG BONES HEALTHY SKIN & NOW BETTER WARDROBES



----- TURN PAGE FOR DETAILS ----->

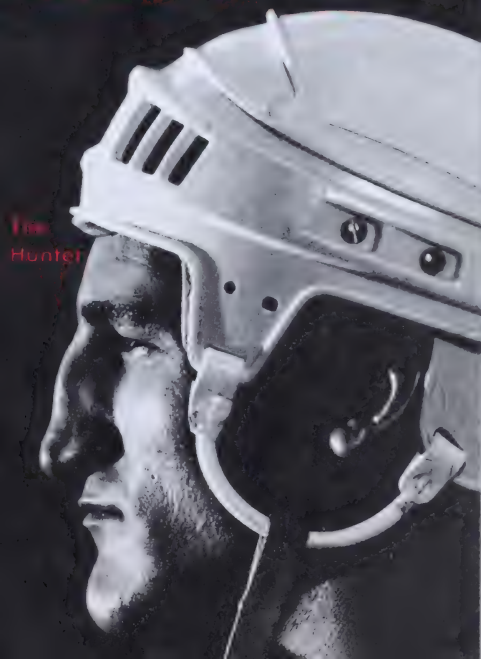


THE MILK PRODUCERS OF ALBERTA

THESE TWO DON'T SEE EYE TO EYE ON MUCH.



Karen
McClanahan



The
Hunter



FRONT

MILK



BACK

SWEATSHIRTS

Here's your chance to win your very own "Milky Melodies" sweatshirt. Every week, throughout 1989, a lucky winner will receive one of these truly original sweatshirts.

Send us your entry today and that lucky individual could be you.

Milk Producers of Alberta
14904 - 121 A Avenue
Edmonton, Alberta
T5V 1A3

If you just can't wait to win, check the box on the entry form and we'll also send you a handy order form with size and price information.

Name: _____ Age: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Phone: _____

☐ Yes! Please send me an order form too.

EXCEPT THE IMPORTANCE OF ELECTRICAL SAFETY.

**"MESS WITH ELECTRICITY
AND IT'S GAME OVER!"**



When it comes to electricity, you've got to know the rules to stay in the game. This means steering clear of substations, downed wires, insulators, power poles and power lines.

It means playing it smart and avoiding stupid dares.

Messing with electricity is no joke. To help you remember this, TransAlta is offering this free electrical safety poster. To order yours, call us collect 267-7459 or send this coupon to:

Cheryl Corbiell
TransAlta Utilities 110-12th Avenue S.W.
Calgary, Alberta T2P 2M1



NAME: _____ AGE: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____

POSTAL CODE: _____ TELEPHONE: _____

Bored Games: Monopoly and Scrabble

movements would

Too bad, Ken.

Some toy.

Go for the Gold: Even L



Lakers N.B.A. game. MacGyver one... to Calgary to see the...
...tejd saum...



The Yo-yo originated in the Philippines as a hunter's weapon with

Too bad, Ken.

...volleyball and racquetball which ...

valleyball - Think up another great condo and tell us about it

z

t

What kind of dog is that?!
P
I
T
S

Cryptozoology is the study of animals said not to exist, like



"Koko," the first gorilla to learn sign language for the deaf now has a vocabulary of 600 symbols, or the equivalent of a child in kindergarten.

Dogs, said not to exist, surroundings and companions exist and accept change happily. Are they telling us something?

I am sure the world without many things, but not without my agliness. Teddy Bear, Nyom, Ann Boylson, 14, Calgary.



Party Time! What a swell month for a backyard pet fête. Hound your friends to bring Fido, and don't serve hot dogs. Cap the occasion with a master-mutt look-alike contest.



The biggest turkey (you may not agree) weighed 37 lbs and was raised in Cheshire, England.



Hang in there, endangered species to remind yourself to take up the cause of a critter in crisis.



Let's go, boys. In 1951, four monkeys were safely launched from White Sands, New Mexico in a V2 rocket.



If you were an animal, what would you want to be?



Every spring, toxic toads invade south Florida, lurking alongside doggie water dishes, and often biting the owner. "People stand the dogs up, but they'll fall over. We'll take them by their tails and throw them in the bushes until the poison wears off so they won't get heatstroke and breathing, so I knew he was alive." The morning I found Ralph, he was twitching.



DOG KILLO - A POST-METRIC ENCLOSURE FOR STRAY ANIMALS



Remember back in February, when you made friends with your fears? Well, it's time to cuddle up to a new crowd: the weird and wonderful mob known as your **mistakes**. As crazy and annoying as they can be, it's a mistake to ignore your mistakes. Fact is, they can teach you a lot, and show you some really interesting things about yourself and how **not** to handle different situations. The trick with mistakes is to deal with **one at a time**. Otherwise, they're notorious for ganging up on you, confusing you and spoiling all your plans. Mistakes can also get a bit boring, so don't hang around the same one too long.

Nobody's perfect.

Watch out for the other guy, eh? It's usually easier to see someone else's mistake than it is to see your own.

"I meant to do that."

Penicillin, Silly Putty and the microwave oven are all the result of mistakes people didn't just ignore.

Party Time. Celebrate the anniversary of one of the most interesting mistakes of all time, the Ford Edsel. Have your guests take turns describing their worst mistakes and order pizza to the wrong address.

Item: "The collision of the two boats was due to the fog, which was as thick as sea fog."

"You're afraid to make mistakes, you're afraid to make anything."



Got, em! The British ship Trinidad sunk itself with a torpedo. An American Corsair jet shot itself down when it caught up with its own bullets.

Realizing that it's human to make mistakes, Joseph Priestley invented both the eraser and stain-removing seltzer.

Well, at least it's out. As the supertanker Titanic headed for its fatal rendezvous with an iceberg, a fire was burning out of control in its coal supply.

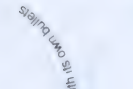
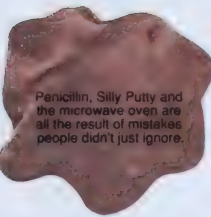
Twenty-seven hours later he landed in Ireland, earning the name "Wrong Way".



STUP

©!!!?? - AN EXPRESSION COMMONLY USED WHEN ONE LEARNS THAT ONE HAS MADE A RATHER FOOLISH ERROR.

The Slinky originated as a failed attempt to produce an anti-vibration device for ship instruments.





Z

T

"Everybody's a dreamer
Everybody's a star
Everybody's in movies
It doesn't matter who you are
There are stars in every city
In every house and on every street."

The Kinks

Rick Springfield once had a very successful band called ZOOT.

Listen to the news every morning this month as you get ready for school.

Z

T

Can you name these members of Hollywood's Brat Pack?

Rock and roll! The all-time chart topper is Happy Birthday to You written in 1893

The way you look isn't necessarily the way you are

George Michael

playing after class. Stupid was once a schoolteacher

Party Time:

Of course! A celebrity gathering of You Guys in disguise as popular entertainers!

One of many musicians who began their musical careers playing for coins on the street is Rod Stewart

The final episode of M*A*S*H drew an all-time record audience of 125 million people in the United States alone

Italian dictator Benito Mussolini was also once a schoolteacher

Hey! It's Molly Ringwald and there's Darryl Strawberry!

Real dog bows out: "Weird Al" Yankovic invested in a restaurant called Bao Wow in Beverley Hills. It closed within a year.

He's sure not short

on talent. Prince is just over five feet tall.

Word of the Month: CHARLIE SHEEN - A REFERENCE TO BALDING ROYALTY

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"The greatest risk is putting yourself face-to-face with a blank sheet of paper and the determination to say something meaningful on it."

- Sam Posey: car racer, artist, writer and ABC Network commentator.

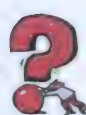


Danger Zone: The closer the moth flies to the flame, the larger the shadow it casts

Model T: Psychologists describe risk takers as type "T" personalities. Type T's make up about 25 percent of the population and exert a major creative influence on our society



Unhealthy risk: But taking risk can result when a person is confused



Risky business! People prefer voluntary risks to take (they are pushed upon them).

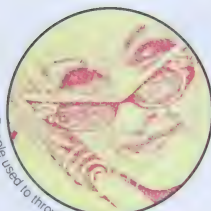


Party Time: Dare to make some dangerous acquaintances. Gather a group of people who don't normally hang around or party together.

"Sacrifices must be made." 19th century aviation pioneer, Otto Lilienthal, as he lay mortally injured in the wreckage of his glider

Surfing
Feeling the ocean waves
Splashing against my face
Sliding down the waves
Smooth and gently
But last

Nicole McGreevy, 13, Leduc



People used to throw rocks at me because of my clothes. Now they wanna know where I buy them. - Cyndi Lauper

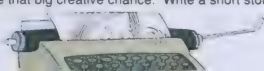


"I'll take my own chances, thanks."



Before you take a chance, make sure you have a clear idea of exactly what you stand to gain if the cards play in your favour.

Take that big creative chance. Write a short story or draw a cartoon for ZOOT.



Z

T

FOOD

"Clean your plate, or there'll be no dessert."

Yummy. An average-sized science teacher would provide 60 cannibals with a decent meal.



A kiwi-fruit provides more iron, magnesium, phosphorus, potassium, vitamin C, and "boba" than other fruits.

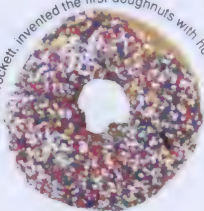


ANNIE LENNOX worked in Pippins restaurant, Hampstead, North London.

BILLY JOEL tended bar at *The Long Shot* on Long Island, New York.

PAT BENATAR served as a waitress in a small mid-west American town.

A teenager, 15-year-old Harrison Crockett, invented the first doughnuts with holes while working as a baker's assistant in 1847.



Heavy metal freak, Michel Lotito of France consumes nearly a kilo of metal per day. His diet has included ten bicycles, a supermarket cart, seven TV sets and a Cessna aircraft.

A styrofoam cup is **not** good to eat. Your stomach won't break down the polymers and it will reside as a hard ball inside you in 100 years.



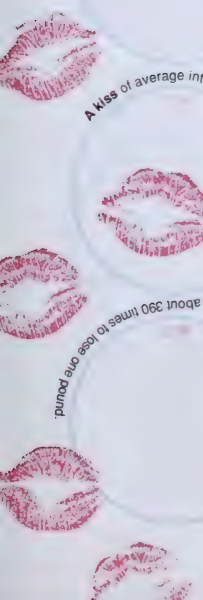
Party Time. This month, try a food that you don't eat with the support of some courageous friends and say "Hai" to sushi, or bite into a buffalo burger.



"Dad, can I borrow your records?"
By eating along to slower music, you may lose as much as five pounds per month.



A kiss of average intensity consumes nine calories. You have to kiss about 390 times to lose one pound.



Word of the Month
UN PETIT D'UN PETIT - AN EGG DESTINED FOR A TRAGIC FALL



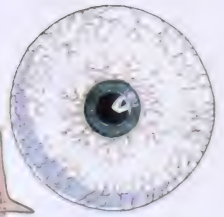
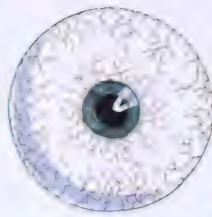
STEVE'S STRAIGHT FACTS ON DRUGS AND ALCOHOL

Combining different drugs with each other or alcohol greatly increases the chance of an unpredictable, uncontrollable and possibly fatal result.

Splash, splash!

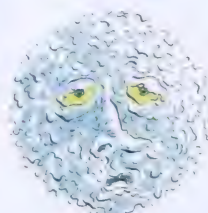
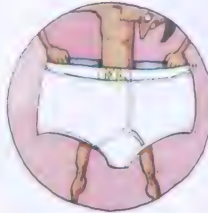
Intoxicated people can become seriously disorientated when in the water.

Body size, weight, personality, mind, state of health, fatigue and gender will all affect a person's reaction to alcohol.



A bottle of beer has the same amount of alcohol as a 4 oz. glass of wine.

Every year several teenagers die from rapidly drinking a large amount of alcohol, some during drinking games which challenge players to drink more and more.



The form of cocaine called "Crack" is considered to be highly addictive because the extreme high followed by the extreme low encourages repeated use.

In 1987, Albertans spent \$942 million on 209 million litres of beer, wine and hard liquor.



Using steroids can cause a radical reduction in testicle size. Oh, yeah, you could die, too.

Many my fruit of the looms are starving.



Huh? Heavy use of marijuana and hashish can result in a loss of energy and drive, confused thinking and impaired memory.



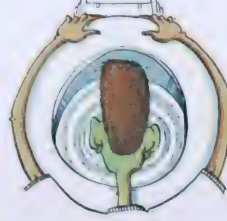
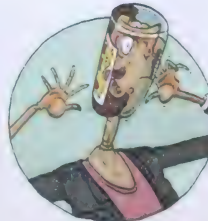
Alcohol is the drug most commonly abused by teens.

Your first drink will impair your judgement and start your Blood Alcohol Content on the way up. By .12 BAC, nausea and vomiting may occur. At .15 you'll talk funny, walk crooked and stumble. At .30, you may pass out and by .40 likely be unconscious or dead. Anyway, you were arrested and thrown in jail for impaired driving way back at .08.

Marijuana affects reaction time, coordination and the ability to make judgments.



You can't sober up by running around the block, drinking coffee or taking a cold shower. You have to embrace the bowl and wait for the liver to do its job.



A hangover that includes a headache, nausea, vomiting and shakiness can occur around eight to twelve hours after heavy drinking.



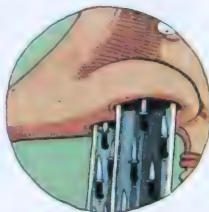
On the highways, people aged 16 to 24 account for 20 percent of licensed drivers, 20 percent of total miles driven, and 42 percent of all fatal alcohol-related crashes

Overdose deaths can occur when cocaine is injected, smoked or even snorted

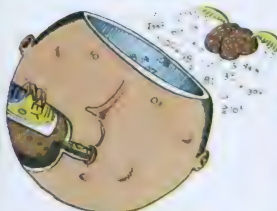


Police use a breathalyzer to accurately determine the Blood Alcohol Content by measuring the alcohol in the breath. Mouth fresheners won't fool it

LSD causes changes in perception and thought. Mood swings from pleasant to fearful can occur in rapid succession. The effects are unpredictable and can be dangerous.



The effects of "sniffing" anything from air freshener, glue to cooking spray range from illness to death



People who are shy in social situations often turn to alcohol to make themselves more comfortable and wind up being **worse** in social situations



Alcohol blocks the messages going to your brain and alters your perceptions and emotions, vision, hearing and coordination.

Methyl alcohol is present in paint removers, cleaning solvents and antifreeze. Blindness or death can occur from drinking less than one ounce of these substances



IT'S ALIVE!

Gulp. Drinking proves conclusively that you can swallow.



A lethal dose of caffeine for humans is five to ten grams, or about 100 cups of coffee consumed in four hours

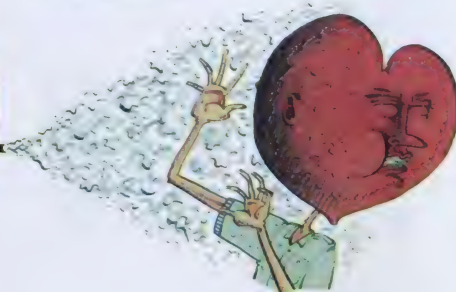


Alcohol has lots of calories but very few vitamins

The human brain is inventive when it comes to escaping stress. Several sports and other challenging activities release natural stimulants in the body producing a rush that can be as addictive as any drug

Long-term effects of heavy alcohol use include loss of appetite, vitamin deficiencies, stomach ailments, skin problems, sexual impotence, liver damage, heart and central nervous system damage and memory loss

Non-smokers who breathe in cigarette smoke risk developing lung cancer and heart disease from the highly concentrated chemicals in sidestream smoke.





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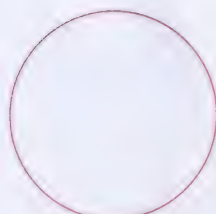
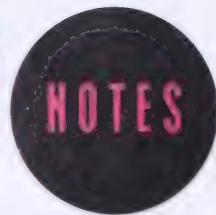
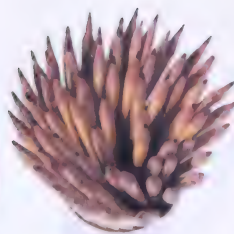
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ALBERTA ALCOHOL & DRUG ABUSE COMMISSION
AN AGENCY OF THE GOVERNMENT OF ALBERTA



ALL KINDS OF STUFF TO REMEMBER





ALL KINDS OF FRIENDS I CAN CALL ON

2



● How could we improve it?

● How will you use your ZOOT Daytimer?

● If we had a contest with a prize for the most interesting use of the ZOOT Daytimer, would you send us yours at the end of the year? YES _____ NO _____

● Will you use the coupons provided in the middle of your daytimer? YES _____ MAYBE _____ NO _____

● What are the three biggest issues facing teens today?

1. _____

2. _____

3. _____

YOU ARE A ZOOT!

THANKS FOR YOUR TIME AND OPINIONS AND
HAVE A NICE DAY
- 365 OF THEM, IN FACT!

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